

Last chance to enter gateway to Gold

Your last chance to complete the wellness assessment is Tuesday, January 31. If you do not take it, you could be facing higher out of pocket expenses in 2007.

Remember, taking the assessment earns you Silver, completing your individual action plan earns you Gold and doing neither earns you Bronze. See the chart below to understand how this will affect your out of pocket expenses for 2007.

	Gold	Silver	Bronze
Annual deductible	\$100 individual \$300 family	\$300 individual \$900 family	\$500 individual \$1500 family
Co-insurance (in-network provider)	10% (King County pays 90%)	20% (King County pays 80%)	20% (King County pays 80%)

Already many King County employees have taken the assessment and Health Media has begun contacting employees about their individual action plans.

To make sure all of your questions are answered during this crucial time so you can take the assessment, the Benefits and Retirement Operations Section will have extended phone hours. You can reach them at 206-684-1556.

Need more information?

- If you have questions about the wellness assessment or need assistance, contact BROS at 206-684-1556 or kc.benefits@metrokc.gov.
- Follow this link to see [video from the November 17, 2005 Wellness Assessment Kick-Off](#) as well as video of the question and answer session and a video of the presentations that have happened at nearly 300 locations in King County worksites.
- Follow this link to frequently asked questions about the wellness assessment www.metrokc.com/employees/